

Want to Quit Smoking or Chewing Tobacco?

Help Is Available

- The North Dakota Tobacco Quitline, a tobacco cessation telephone service, is available toll-free at **1.866.388.QUIT** (1.866.388.7848). The Quitline offers telephone counseling designed to help smokers and spit tobacco users quit. It is free to all North Dakota residents.
- Go to **www.ndtobaccoprevention.net** for a listing of local public health units and for information about community tobacco cessation programs. Or, you can call the North Dakota Department of Health, Division of Tobacco Prevention and Control at 701.328.3138 or 800.280.5512 (toll-free) to receive this information. Your local public health unit will assist you in finding local cessation programs and resources.
- Here are some national websites where you can find more information about tobacco cessation or reimbursement for cessation treatment.
 - **www.lungusa.org/ffs/** – The American Lung Association offers its Freedom From Smoking® program online.
 - **www.quitnet.com** – Receive up to three free online cessation sessions.
 - **www.americanlegacy.org/greatstart/html/home.html** – This is a great resource for pregnant women who want to quit.
- Self-help materials, such as booklets, audiotapes, video tapes, etc., are available from your local public health unit or your local public library.



NORTH DAKOTA
DEPARTMENT of HEALTH

North Dakota Tobacco
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